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COLL. CAT.

Don't Give Consumption to Others
Don't Let Others Give it to You

CONSUMPTION

is the most common
form of

NLM

Tuberculosis

And is a Germ Disease

*"It is in the power of man to cause
all germ diseases to disappear
from the world."*—PASTEUR.

NO SPITTING.
NO CONSUMPTION

The Milwaukee Tuberculosis Dispensaries,

396 GROVE STREET

Open week days, 3:30 to 5:00 P. M.

Free Dispensary If You Have Consumption

go to a doctor or to a dispensary. IF YOU GO IN TIME YOU CAN BE CURED. If you wait until you are so sick that you cannot work any longer, or until you are very weak, it may be too late.

Don't waste your money on patent medicines nor advertised cures. Avoid doctors who advertise.

GOOD FOOD and REST in the OPEN AIR are the best cures.

The most common symptoms of consumption are cough, gradual loss of flesh and strength, fever, night-sweats, and blood spitting. Any one of these signs is suspicious. The cough is often absent in the early stages of the disease; the symptoms often being such as to lead one to suspect that he has "stomach trouble," "general debility" or various other ailments. Only an examination by a reliable physician should satisfy one.

If you have any reason to fear consumption consult a physician or go to one of the free dispensaries.

THE CAREFUL AND CLEAN CONSUMPTIVE IS NOT DANGEROUS TO THOSE WITH WHOM HE LIVES OR WORKS.

Consumption

causes the death of over 500 persons in Milwaukee each year. Nearly all of these deaths occur in youth or middle life, when the loss to family and friends is most keenly felt. The sickness is long and costly.

Yet Consumption can be Prevented

It is caused by taking into the body, particularly into the lungs, the very small living germs that are coughed up and spit out by consumptives. If the consumptive spits about carelessly on floors or sidewalks, the spit dries and is scattered in dust.

TO BREATHE THIS DUST OR TO EAT FOOD SOILED WITH IT CAUSES CONSUMPTION.

If the consumptive destroys everything he coughs up he will not spread the disease to others.

Advice to the Healthy

Don't spit on floors or sidewalks. Set the consumptive a good example. When you spit, spit into gutters or into a spittoon.

Live in the open air as much as possible.

Keep the windows open; but be sure that the entire body is warmly clad.

Fresh air, whether moist or dry, warm or cold, is good for you.

Breathe through the nose. Breathe deeply. Avoid dust. Avoid dusty occupations. Never stir up dust by dry sweeping. Sprinkle water or moist sawdust, or moist bits of paper over the floor before sweeping. Dusting should be done with a moist cloth.

NEVER NEGLECT A COLD OR A COUGH.

ALWAYS COVER YOUR MOUTH WHEN YOU COUGH

1. Don't spit on the pavement, on the street nor into any place where you cannot destroy the germs which you spit up.

2. Do not swallow any spit which comes up from your lungs or which comes out of the back part of your throat.

3. Spit into a paper napkin when it is possible to do so.

4. Should you use a china or earthenware spit cup, always keep lye and water in it and scald out the spit cup one or twice a day with boiling water.

5. Never use a handkerchief or a rag or any material other than paper to spit in or to wipe your mouth with.

6. Always use a paper napkin to wipe your mouth with, after spitting, and be careful not to soil your hands.

7. Always carry a cheap paper bag in your pocket to put paper napkins in which you have used.

8. When you have used a paper napkin, either to spit in or to wipe your mouth with, fold it up carefully, and put it away in a paper bag.

9. Every evening, before going to bed, burn your paper bag together with the napkins which you have deposited in it.

10. Do not let any spit get on your clothing, or your lips and hands or your bed clothes or carpets or furniture, or on anything about you, wherever you may be.

11. If, by accident, any spit should be deposited anywhere else than in your spit cup or in your paper napkin, take pains at once to de-

stroy it, either by taking it up and putting it in the fire or by putting lye and water on it.

12. If you have a moustache or beard shave it off or crop it close.

13. Always wash your lips and hands before eating or drinking, and rinse out your mouth.

14. Always brush the teeth and rinse the mouth after eating. Many deadly germs are rendered harmless when the air get at them—they grow in the mouth when covered by decayed food.

15. If you have a running sore take up the matter which is given off with absorbent cotton and burn it.

16. Avoid handshaking and kissing. These customs are dangerous to you as well as to others. They may give others consumption; they may bring you colds and influenzas which will greatly aggravate your disease and may prevent your recovery.

Don't cough, sneeze, laugh, or talk loudly close to another's face, because small droplets of spit carry germs.

17. Do not cough if you can help it. You can control your cough to a great extent by will power. When you cough severely hold a paper napkin to your mouth so as not to throw out spit while coughing.

18. Sit out of doors all you can. If you have no other place to sit than the pavement sit on the pavement in front of your house.

19. Don't take any exercise except upon the advice of your doctor.

20. Always sleep with your windows open, no difference what the weather may be.

Don't sleep in the same bed with anyone else, and if possible, not in the same room.

21. Avoid fatigue. One single fatigue may change the course of your disease from a favorable one to an unfavorable one.

22. Go to bed early. If you are working, lie down when you have a few moments to spare.

23. Don't take any medicine unless it has been prescribed by your physician. Medicine may do you harm as well as good.

24. Don't drink whiskey, beer nor other intoxicating drinks. They will do you no good, because they give you false strength, and in the end ruin the stomach and the appetite for food, and make it harder for you to get well.

25. Don't eat pastry or dainties. They do not nourish you and they may upset your stomach.

26. Take your milk and raw eggs whether you feel like it or not.

27. Keep up your courage. Make a brave fight for your life. Do what you are told to do as though your recovery depended upon the carrying out of every little detail.

28. Always keep in mind that consumption can be cured in many cases and that it can be prevented in all cases.

29. If your own disease is too far advanced for you to recover, console yourself with the idea that you can keep those who are near and dear to you from getting it.

Protect your family and others from the disease by destroying everything you cough up. You will at the same time protect yourself from breathing the same consumption germs again.